

Many of us have been urged to get lots of **Vitamin C** in order to stay healthy during flu season. Although Vitamin C has not been proven to prevent or cure the cold and flu, eating Vitamin C rich foods (such as oranges, grapefruit, kiwifruit, strawberries, or bell peppers) before the onset of symptoms may help lessen the duration of your cold, as well as the severity of your symptoms. However, Vitamin C isn't the only nutritional powerhouse during flu season. Here are some other nutrients to pay particular attention to this time of year:

- **Vitamin A** is a fat-soluble vitamin that is important for the immune system. Find Vitamin A in dark green and orange vegetables such as sweet potatoes, winter squash, carrots, and broccoli, as well as black eyed peas and fortified milk
- **Vitamin E** is an antioxidant that is involved in immune function. Vitamin E can be found in sunflower seeds, almonds, and whole grains.
- **Zinc** helps your body fight off invading bacteria & viruses. Find zinc in poultry, seafood, fortified cereals, beans, nuts and lean cuts of red meat.

How to build immune boosting meals in the Dining Halls:

- The **Salmon with Mango Salsa** is a good source of Vitamin A, has a day's worth of Vitamin C, and is also a source of zinc and Vitamin E. Other flu fighting entrees include the **Grilled Veggie Wellington** (48% DV for Vitamin A, 142% DV for Vitamin C), and the **Vegetable Quinoa Bake** (88% DV for Vitamin A, 114% DV for Vitamin C, and Vitamin E rich whole grains).
- Soup season and flu season go hand in hand. To find soups that protect your immune system, look for the **Beef and Barley Vegetable Soup** (for the zinc, Vitamin A & vitamin E), the **Vegan Chipotle Sweet Potato Soup** (120% DV for Vitamin A, 6% DV for Vitamin C), and a flu season favorite, **Chicken Noodle Soup**.
- Grab oranges, kiwifruit or grapefruit for a quick snack on the go.
- At made to order stations, load up your dish with Vitamin C rich bell peppers, broccoli, and other healthy veggies.
- Top your protein rich Greek yogurt with immune boosting strawberries and citrus fruits, as well as sunflower seeds or almonds.
- Enjoy a caffeine free herbal tea. The antioxidants will give your immune system a boost, and to keep you hydrated and warm up your airways, which helps to loosen up any mucus buildup.

Chicken Noodle Soup is the ultimate cold weather comfort food. Where do its healing powers come from? The chicken provides the body with necessary iron, zinc, and protein, the carbohydrate rich noodles provide stressed bodies with an energy boost, and the vegetables are an excellent source of flu fighting antioxidants. Soups also keep you healthy by providing hydration and warming up your airways, which help to loosen mucus secretions. Look for chicken noodle soup in your nearest dining hall, or try this simple recipe: <http://www.wholefoodsmarket.com/recipe/simple-chicken-noodle-soup>

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